

9. That in which he findeth the supreme delight which the Buddhi can grasp beyond the senses, wherein established he moveth not from the Reality ; —(vi. 21.)

10. Which, having obtained, he thinketh there is no greater gain beyond it; wherein established, he is not shaken even by heavy sorrow ;—(vi. 22.)

11. That should be known by the name of Yoga, this •disconnection from the union with pain. This Yoga must be clung to with a firm conviction and steady thoughts.—(vi. 23.)

12. Verily, Yoga is not for him who eateth too much, nor who abstaineth to excess, nor who is too much addicted to sleep, nor even to wakefulness, O Ārjuna!—(vi. 16.)

13. Yoga killeth out all pain for him who is regulated •in eating and amusement, regulated in performing actions, regulated in sleeping and waking.—(vi. 17.)

34. The Yogi is greater than the ascetics ; he is thought to be greater than even the wise; the Yogi is greater than the men of action ; therefore become thou a Yogi, O Ārjuna!—(vi. 46.)

14. And among all Yogis, he who full of faith, with the inner Self abiding in Me, adoreth Me, he is considered by Me to be the most completely harmonized.—(vi. 47.)

15. When his subdued thought is fixed on the **Self**, free from longing after all desirable things, then it is said, •" he is harmonized."—(vi. 18.)

16. As a lamp sheltered from the wind flickereth not, to such is likened the Yogi of subdued thought, absorbed in the Yoga of the Self.—(vi. 19.)

17. The Yogi, ever united thus with
the Self, with
Manas controlled, goeth to Peace, to
the supreme Nirvana
that abideth in Me.—(vi. 15.)-